



NAVY AIR LAKEHURST



SAFETY AND HEALTH NEWSLETTER

FEBRUARY 2002

NAES LAKEHURST PUBLIC SAFETY DEPARTMENT

VOLUME 6, ISSUE 5

Preventing Worker Deaths from Uncontrolled Release of Electrical, Mechanical, and Other Types of Hazardous Energy

Workers who install or service equipment and systems may be injured or killed by the uncontrolled release of hazardous energy.

Take the following steps to protect yourself if you install or service equipment and systems:

- ♦ Follow OSHA regulations.
- ♦ Identify and label all sources of hazardous energy.
- ♦ Before beginning work, do the following:
 1. **De-energize all sources of hazardous energy:**
 - Disconnect or shut down engines or motors.
 - De-energize electrical circuits.
 - Block fluid (gas or liquid) flow in hydraulic or pneumatic systems.
 - Block machine parts against motion.
 2. **Block or dissipate stored energy:**
 - Discharge capacitors.
 - Release or block springs that are under compression or tension.
 - Vent fluids from pressure vessels, tanks, or accumulators—but never
 - Vent toxic, flammable, or explosive substances directly into the atmosphere.
 3. **Lockout and tag out all forms of hazardous energy** including electrical breaker panels, control valves, etc.
 4. Make sure that **only you** hold the keys to your assigned locks.
 5. **Verify** by test and/or observation that all energy sources are de-energized.
 6. Inspect repair work **before removing** your lock and activating the equipment.
 7. Make sure that **only you** remove your assigned lock.
 8. Make sure that **you and your co-workers** are clear of danger points before re-energizing the system.
 9. Contact **YOUR** Safety Office at x2525 for further information.

Only the worker who installs a lock and tag should remove them after work is complete and inspected.



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Do you have any safety related topics you would like to see in our publication or have any questions we can help with? Contact us at X2525.



COMBUSTIBLE LIQUIDS

How much technical information is needed to understand and use **FLAMMABLE** and **COMBUSTIBLE** liquids safely? These liquids are common substances found in virtually every home and workplace. When used and stored correctly, flammable liquids have many positive and necessary uses. The improper use and storage of flammable liquids can result in severe injuries and even death.

People may not know or understand the properties of flammable liquids that make them so volatile. Let's start with some simple definitions according to National Fire Protection Association (NFPA) and OSHA.

What is a **FLAMMABLE** liquid? Any liquid that has a flash point below 100 degrees Fahrenheit. Examples include gasoline, turpentine, kerosene, alcohol, mineral spirits, lacquer thinner, acetone, and most aerosols.

What is a **COMBUSTIBLE** liquid? Any liquid that has a flash point at or above 100 degrees Fahrenheit. Examples include grease, oil, and tar.

The **FLASH POINT** is the lowest temperature at which a liquid gives off enough vapor to form a flammable mixture with air.

So flammability is the ability of a material to generate sufficient concentration of vapors under normal conditions to be ignited by open flames, cigarette smoking, or even spark from electrical equipment or even static electricity. Some of these vapors are heavier than air and may settle in low spots, or move a significant distance from the liquid itself.

To minimize the risk of ignition of the flammable liquid or vapors, follow these precautions:

- ◆ Store flammable liquids in well-ventilated areas away from corrosives, oxidizers, and ignition sources.
- ◆ Never smoke in an area where flammable liquids are used or stored.
- ◆ Never pour flammable liquids down a drain or sink.
- ◆ Dispose of empty flammable containers in an approved manner.
- ◆ Wear appropriate personal protective equipment (PPE) such as splash aprons and goggles when handling flammable liquids.

Flammable liquids also present health hazards from overexposure. If at work you should refer to the Material Safety Data Sheet (MSDS) of the material you're using which will list the allowable exposures. Overexposures to flammable liquids can cause a variety of effects.

Inhalation of flammable liquids can cause irritation to the respiratory passages, nausea, headaches, muscle weakness, drowsiness, loss of coordination, disorientation, confusion, unconsciousness, and death.

Skin contact with flammable liquids can cause the skin's oils to be removed, resulting in irritated, cracked, dry skin, rashes, and dermatitis.

Eye contact with flammable liquids can cause burning, irritation, and eye damage.

Ingestion of flammable liquids can irritate the digestive tract, cause poisoning, and death.

Appropriate PPE can help prevent exposure to flammable liquids. Use your PPE faithfully to protect your good health.

If you are not sure what PPE to wear or need help locating the proper PPE, talk to your supervisor or contact the Safety office at X2525.

COMBATING TERRORISM

By
Frontis A. Fallaw
Force Protection/Physical Security Officer

Historically, Americans normally worried about terrorism when traveling abroad. However, with the recent examples of Terrorist violence in the United States such as the World Trade Center, the bombing of the Oklahoma City Federal Building, we now know that Terrorism can strike here at home as well. Hopefully, this information will help you avoid becoming a victim of a terrorist incident. For the most part, terrorist acts are limited to six basic forms: bombings, assassinations, armed assaults, kidnapping, barricade and hostage situations, and hijackings. Bombings are the most common. No one is immune to terrorism, anymore than we are immune to ordinary criminal violence. We are not defenseless against terrorism anymore than we are against ordinary criminals. The United States has devoted considerable resources to protect its citizens, in and out of uniform. Moreover, you personally can take positive steps to deter the terrorist. Although the threat of terrorism may seem overwhelming, the truth is, the steps you would take in a simple personal crime prevention program apply to the terrorist as well. Here are but just a few of these steps: when going on travel-learn about your destination-the culture, language, local customs, history of criminal activity and local laws.

REMEMBER THREE BASIC RULES:

Be Alert
Keep A Low Profile
Be Unpredictable

Don't leave your crime prevention attitude at home. When you are traveling, officially or on leave, just out shopping, and even at the office, remaining cautious and alert can often be a lifesaver. Be alert to your surroundings; be aware of any potential problems in areas where you might be traveling or assigned.

- *Never admit strangers without proper identification into your residence.
- *Refuse all unordered packages.
- *Don't give out unnecessary information over the phone.
- *Keep a low profile and don't advertise your military affiliation.
- *Dress and behave conservatively, avoid styles that don't fit in the local area, Military accessories or Military styled clothing.

Terrorism is a fact of contemporary life, but we do not have to live in constant fear of terrorism anymore than other dangers. It is important to be aware of the threat and take steps to protect ourselves, but it is also important to keep the threat in perspective.

Local crime prevention programs, neighborhood watch, and other activities are excellent ways to ward off potential problems.

Remember any member of Navy Lakehurst, Civilian, Military, and Contractor's who work for us, and are required to travel over sea's, are required to take the Antiterrorism Force Protection Class once a year. All member's of Navy Lakehurst, Civilian/Military and Contractor's are required to take the On Line Awareness training. To take the On Line training go to www.AT-Awareness.org, it will ask you for the access code which is "aware". Once you have taken the training, print the Certificate of Completion, and sign it, and send it through the guard mail to Frontis Fallaw B-8-2 Code 8.4.1.1, and it will be signed and returned to you.

For further information on these trainings please call Frank at X2375

WORKPLACE EYE SAFETY

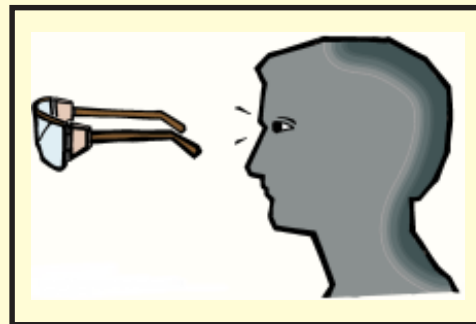
Eye injuries of all types occur at a rate of more than 2,000 per day. Of these, 10% - 20% will be disabling because of temporary or permanent vision loss. A recent survey by the Bureau of Labor Statistics found that three out of five workers who suffered an eye injury wore no protection. And, of those who did, 40 percent wore the wrong kind.

You should wear safety eyewear whenever there is any chance that machines or operations present the hazard of flying objects, chemicals, harmful radiation or a combination of these or other hazards. Anyone working in or passing through areas that pose eye hazards should wear appropriate protective eyewear at such times. Good vision is priceless! Luckily, 90 percent of all workplace eye injuries are preventable with the use of proper safety eyewear. Despite the good news, the Bureau of Labor Statistics reports that eye injuries in the workplace cost over \$467 million annually. Adding indirect costs such as training replacement workers, places the estimated total above \$934 million each year.

Nearly one million Americans have already lost some degree of sight to an eye injury. With over 365,000 work-related eye injuries still occurring each year, Americans could use a few tips on how to prevent eye injuries in the workplace!

What is the difference between glass, plastic and polycarbonate safety lenses?

Industrial-thickness glass, plastic and polycarbonate lenses meet or exceed the requirements of the eye protection standard. In general, each type of lens does offer certain advantages and disadvantages. Glass lenses provide good scratch resistance and can withstand chemical exposure. They can also accommodate a broad range of prescriptions. But glass is heavy and can be uncomfortable. Plastic and polycarbonate lenses are lighter weight, protect against welding splatter, and are not likely to fog. Unless specially coated, these lenses are not as scratch resistant as glass. They also cannot accommodate as wide a range of prescriptions as glass lenses. Polycarbonate lenses are superior to glass and many other plastics in strength and impact resistance.



Am I wearing the proper eye protection?

Safety glasses come in all different types. However they offer little protection in the case of dusts mists and fumes. In this case, you need goggles that can be vented or of the non -vented type. Depending on the type of operation you are performing, you may need to wear a chemical goggle that is vented but will not allow minor splash to reach the eye area. There are also face shields that sometimes are thought of as eye protection. This is true to some extent, however face shields are used mainly to protect the face and may need to be worn in conjunction with other eye protection. A great source of information is the Industrial Hygiene Survey for your work center.

If in doubt as to what to wear, call your Safety Office and ask for the PPE Manager who will gladly perform an assessment at x2525.

CPSC, American Power Conversion Corp. Announce Recall of Back Up Power Supply System

WASHINGTON, D.C.

- In cooperation with the U.S. Consumer Product Safety Commission (CPSC), American Power Conversion Corporation (APC), of West Kingston, R.I., is voluntarily recalling about 900,000 back-up power supply devices. These devices are primarily used to protect computers in case of a power failure. The power supply device can fail, causing the unit to overheat, which may pose a fire hazard to consumers.

APC has received six reports of units overheating resulting in the melting of the unit's outer casing and three reports of minor property damage. No injuries have been reported.

The recalled Back-UPS® CS Uninterruptible Power Supply devices include the Back-UPS CS350 and the Back-UPS CS 500 models. The model number can be found on the front of the unit, along with the words, "Back-UPS CS" and "APC." In addition, one of the following numbers shows up on the bar code label located on the bottom of the unit: BK350, BK500, BK500BLK. The recalled power supply devices also have one of the following serial numbers - AB0048 through AB0251, BB0104 through BB0251, and JB0125 through JB0251 - which can be found on the bottom of the unit. Units with an "R" at the end of the serial number within the above ranges are not part of this recall.

Retailers, computer and electrical distributors, and catalogs nationwide sold the power supply devices from November 2000 through December 2002 for between \$70 and \$130.

Consumers should immediately stop using the power supply devices by turning off the power to all connected equipment, turning the Back-UPS CS off, and then unplugging it from the electrical outlet. To obtain a free replacement unit, consumers should contact the company at (866) APC-RELY (272-7359) between 9 a.m. and 5 p.m. ET Monday through Friday or log on to the company's website at www.apc.com/rely



CPSC, Hufco-Delaware Company and Evenflo Company Inc. Announce Recall to Repair Gerry® and Evenflo® Portable Wood Cribs

WASHINGTON, D.C. - In cooperation with the U.S. Consumer Product Safety Commission (CPSC), Hufco-Delaware Company, of Miamisburg, Ohio, and



Evenflo Company Inc., of Vandalia, Ohio, are recalling about 364,000 portable wood cribs. If the hardware used to assemble the crib is not tight, the mattress support platform and mattress can fall to the floor. This poses a risk of injury to young children in the crib.

There have been 41 reports of mattresses falling through portable wood cribs. Of these incidents, 17 children suffered bumps, bruises or scratches.

The portable cribs are made of wood and are smaller than traditional baby cribs. The majority of these portable wood cribs were sold under the Gerry® brand name, and some were sold under the Evenflo® brand name. The recalled portable wood cribs have one of the following model numbers that can be found on a label on the mattress platform underneath the mattress:

8212	8222	8232	8242	8252	8282
8301	8302	8311	8312	8321	8322
8331	8332	8341	8342	8351	8352
8381	8382	8512	8522	8532	8542
8552	8582	8712	8752		

Department and baby products stores nationwide sold these portable wood cribs from January 1991 through December 2002 for about \$99.

Consumers should stop using these portable wood cribs immediately, and call (800) 582-9359 anytime for a free upgrade kit that provides additional support for the mattress platform. Consumers also can obtain further information about the portable wood cribs by logging onto www.evenflo.com (eventually this link will also be at www.portablewoodcrib.com).

No other cribs are included in this recall.

For more information on the current or any past recalls visit CPSC's homepage at <http://www.cpsc.gov/>

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ACCIDENTS COST EVERYONE

IT'S NOT ONLY MONEY....

When anyone you work with gets into an accident, it costs everyone. It's almost as if you could take an extra deduction from your paycheck. The costs are always greater than money alone.

LOWER PRODUCTIVITY=LAYOFFS

The more accidents there are, the less productive Navair Lakehurst can be as a whole. The less productive we are, the less able we are to compete. Other more efficient, safety-minded bases and companies begin to take business away. If they take some business, it can mean you don't get the raise or bonus you'd hoped for. If they take away enough business away from Navy Lakehurst, well you know what can happen. So..... accidents do cost.

ACCIDENTS=MEDICAL EXPENSES

It's obvious that accidents cost money. Each time you go to a doctor, someone has to pay the bill. It may seem to you that it doesn't matter, since the Navy carries Workers Compensation anyway. But, it does matter. The more accidents, the higher the cost of chargeback. Those increased costs have to come from somewhere. The higher NAES Lakehurst expenses, the less that's available for the more important things.

HOPES AND DREAMS

One tragic cost of accidents is the cost of losing your hopes and dreams. Losing a hand or a life may set a family back for years as savings go up in smoke. Instead of college the kids may have to get jobs to help out. Instead of the home you've dreamed of owning, it's years more of the crowded rented house. Even if an accident isn't so serious, it still can hurt your hopes. You may not get that promotion you applied for that you had hoped to get, accidents are bad for business. So what looked like a good shot at a good future may be hurt by carelessness.

CARELESSNESS=PAIN

Careless attitudes can lead to two kinds of pain, and it's difficult to say which one is worse. Physical pain after losing a hand, an eye, or good health can be terrible. Emotional pain following the death of a spouse or parent, or the amputation of a limb can be horrifying in a different way.

WHY PAY THE COST?

Luckily, many accidents can be avoided by just taking extra time and care, by wearing and using the right equipment, and by following safe practices. There's no reason to pay the high cost of accidents.

How We Get Hurt at Lakehurst Mishaps that occurred in the Month of January

- Employee was reaching for equipment and strained lower back, resulting in **4 Lost Work Days**
- Employee slipped on ice and fell resulting in **1 Lost Work Day**
- Employee slipped on ice and fell, resulting in **Loss of Time**
- another employee slipped and fell on ice, also resulting in **Loss of Time**
- Employee was lifting a 10ft pole and injured back, resulting in **Loss of Time, returned to work on light duty**
- Employee was lifting equipment and injured back, resulting in **Loss of Time**

Definitions

Lost Work Day - Loss of atleast one full work day subsequent to the date of injury.

Loss of Time - any time lost from work on the day of the injury or after the day of injury, but not resulting in a full lost workday.

Reminder To All Supervisors

Report all injuries to the safety Office as soon as possible at X2525.

Personal Injury Notice Reports can be printed out from the Public Safety Department's Safety Occupational Safety and Health Website at <http://www.lakehurst.navy.mil/>